

Nia Instructor Profiles

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Choose an Instructors Michelle Considine Karen Olsen Laurie Pemberton Juliet Seskind Therese Spears

Michelle Considine

Michelle Considine loves contrasting powerful, linear movements with loose, pulsating waves. She also loves exploring both dynamic and static balance and the ways that both can fit into dance. The music varies widely in both style and ethnicity.

Her classes are high energy, yet can be modified to any fitness level. All are welcome!

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Karen Olsen

Karen Olsen (better know as K.O) began her natural love of movement when jumping and giggling wildly in her native Boulder crib. Her first job at age 14 was a basket-checker and then lifeguard with the City of Boulder. Karen earned her Bachelor's degree in Environmental Design from CU and is a volunteer La Leche League and Girl Scout Troop Leader.

In August of this year, Karen will complete her Black Belt certification in the Nia technique. She enjoys traveling, scuba, singing loudly with her daughters, being outdoors and eating peanut butter and fine chocolate for breakfast. For New Years, she often jumps into the freezing waters of Boulder Reservoir as an exuberant Mermaid. K.O.brings energy, grace and a sense of community to her classes. Come meet and dance with K.O. Monday at 11 a.m. at NBRC; Easy NIA at noon at EBCC; or Saturdays at 10 a.m. at EBCC.

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Laurie Pemberton

Laurie Pemberton is a Brown Belt Nia instructor. The Brown Belt is the third of four belt levels that comprise The Nia Technique system. Laurie's background includes dance and bodywork training. She likes working with people who are new to the Nia Technique and want to learn the Nia basics. She particularly enjoys working with those who want to discover (or re-discover) the joy and wonder of allowing the mind-body-spirit connection to lead them to a deeper, more profound understanding of themselves.

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Juliet Seskind

Juliet Seskind, Certified Nia instructor. Juliet has a background in Ballet and dance. She has been studying Nia for over six years and has been an instructor since 2003. Her classes are high energy, upbeat and powerful. Juliet endeavors to provide a full physical workout, body mind awareness, along with food for the soul! Her passion for expression through movement and dance is contagious! All levels welcome.

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Therese Spears

I have always loved to dance. As a child I would occupy my time producing back yard productions that were influenced by the extravagant musicales I watched in the movies and on television. My dream of performing blossomed in 1971 when I became a professional background line dancer for the Jackson Entertainment Agency (Michael Jackson Family) on the island of Ohau Hawaii in the early 70's. Our acts were the "Boogie Queens" and the "Pearl Girls" touring the bases with a cultural dancing troupe. I studied Modern Dance at Colorado State University in Ft. Collins, CO while majoring in Clothing & Textiles. Six weeks after my son was born I began Tap dancing and several months later I was teaching three levels of Tap through the Boulder and Denver Free Universities, studying more Tap , and attending national seminars with the nations top movie choreographers and instructors in Tap and Jazz. I taught Tap for 4 years until I opened my bead store, Promenade's Le Bead Shop in 1980. My dancing career took a break until I discovered Nia, and has continued after selling the store in 2002.

My fitness training also began early in life by joining my father who would exercise and shadow box every morning and take walks in the evening. In 1970 I began practicing Yoga, and have continued to do so for 30 + years. I fell in love with Nia during the first class I took in 1992. I felt very much in my element and wanted to share the Joy of Nia. The blending concepts, movements and elements of the Dancing Arts, Martial Arts and Healing Arts is so much fun. Fitness through the Pleasure Principle. Love it! I did my White Belt training in 1998 and have been actively teaching at dance studios, health clubs and resort spas in Mexico since 1999. I journeyed through the belts and completed the Black Belt Training in 2003. I continue to recertify every year and am enfatic about sharing the Joy of Nia through classes and workshops.

I continue to update my Fitness Professional status by maintaining my AFAA Certification as a Primary Group Exercise Instructor which I have done since 2000. I am also certified in Mat Science, (Piyo), Yogafit, Aquatic Aerobics, and continue to learn and teach other fitness modalities such as Tai Chi, Practical Pilates, and keep up on other fitness trends such as Cardio Salsa, Super Street (Hip Hop Cardio), S-factor, etc...

I am involved in the healing arts being certified as a Level 3 Master and Practitioner in the Usui System of Reiki Healing , and enjoy learning/practicing other healing arts such as Hot Stone massage and Watsu.

I apply all of my knowledge into my classes to give my students a physically safe, energetically joyful, spiritually (as in uniqueness) motivated experience no matter what their physical level is.

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